

## ABSTRACT

An oil or fat composition according to the present invention contains a LCPUFA supply compound as a first component, and phospholipids as a second component, the LCPUFA supply compound containing LCPUFA in its structure and being hydrolyzable to remove its LCPUFA, wherein respective proportions of the first component and the second component are determined according to the number of hydrolyzable fatty acid bonds contained in the phospholipid molecules. The phospholipids and LCPUFA supply compound are metabolized to LCPUFA-PL in the body and absorbed. As a result, an oil or fat composition is provided that can efficiently increase the LCPUFA-PL level in the body. This is realized without directly using the phospholipids (LCPUFA-PL) whose constituents are long-chain polyunsaturated fatty acids (LCPUFA), taking into account the metabolism in the body.